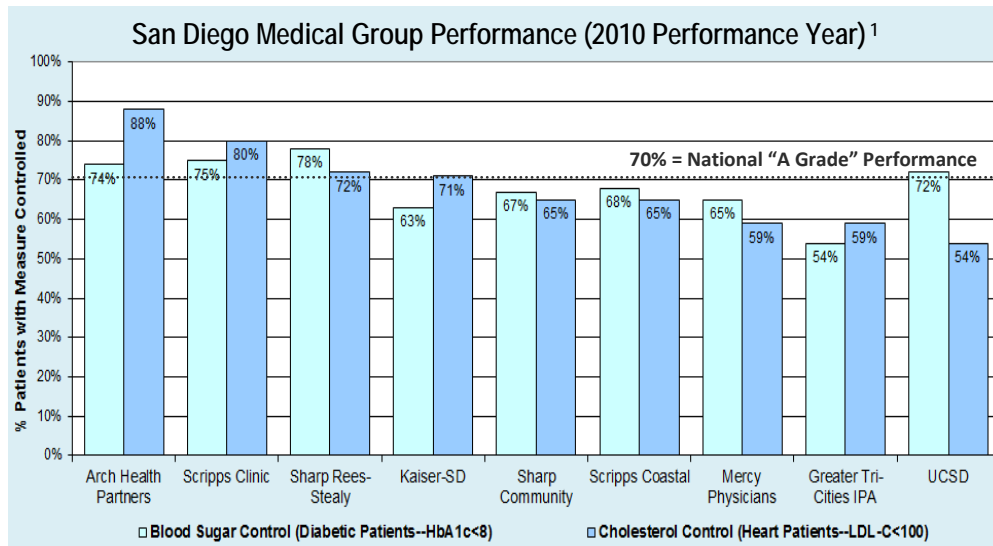


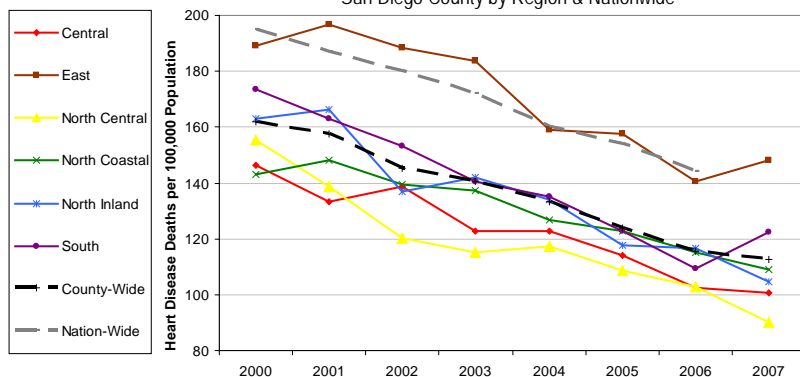


Building on San Diego's success, the Right Care Initiative is partnering with medical provider groups in a demonstration project focused on preventing heart attacks, strokes, and diabetes-related complications. Our goal is to reach the national "A grade" for prevention indicators among all provider groups.

Trend data indicate San Diego is making progress toward reducing heart attacks and strokes. Two key prevention measures are cholesterol and blood sugar control. These prevention efforts are associated with considerable cost savings.

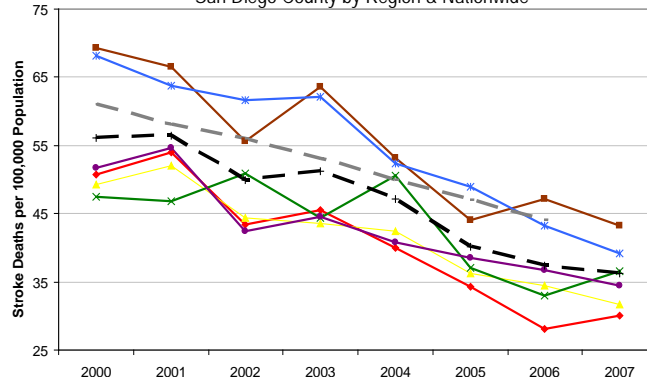


**Coronary Heart Disease Deaths<sup>2</sup>**  
San Diego County by Region & Nationwide

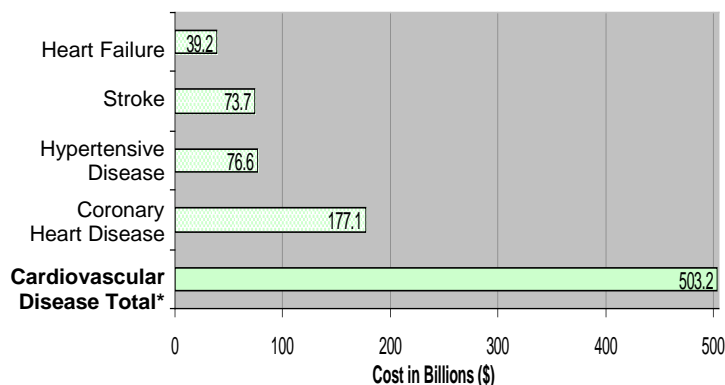


**Stroke Deaths<sup>2</sup>**

San Diego County by Region & Nationwide



**Estimated Direct and Indirect Costs of Cardiovascular Disease and Stroke (in Billions \$): U.S., 2010<sup>3</sup>**



	Heart Failure	Stroke	Hypertensive Disease	Coronary Heart Disease
Hospital	\$20.9	\$21.0	\$8.5	\$56.6
Nursing home	\$4.7	\$17.1	\$5.1	\$13.0
Physicians/ other professionals	\$2.5	\$3.8	\$13.9	\$13.9
Medical durables	\$3.2	\$1.3	\$27.4	\$10.0
Home health care	\$3.8	\$5.0	\$2.7	\$2.5
<b>Total expenditure*</b>	<b>\$35.1</b>	<b>\$48.2</b>	<b>\$54.9</b>	<b>\$96.0</b>
Lost productivity/ morbidity	--	\$7.5	\$9.0	\$11.3
Lost productivity/ Mortality+	\$4.1	\$18.0	\$12.7	\$69.8
<b>Grand Totals*</b>	<b>\$39.2</b>	<b>\$73.7</b>	<b>\$76.6</b>	<b>\$177.1</b>

\*Totals do not add up due to rounding and overlapping/not displayed categories

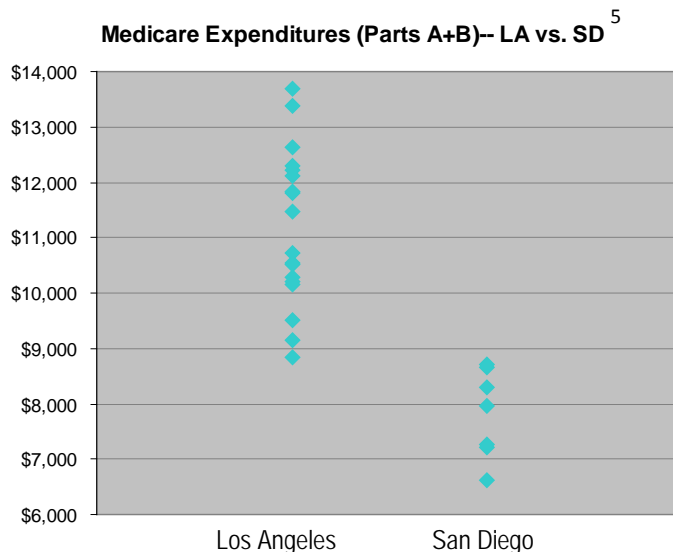
--Indicates data not available

+Lost future earning of persons who will die in 2010, discounted at 3%

# SAN DIEGO: Preventing Heart Attacks, Strokes and Diabetes Related Complications

"If the LA people were willing to accept the quality of care you get in San Diego, you could buy each of them a brand new Lexus. And if you look at California communities, San Diego has very high quality care." –Bob Kaplan, PhD, Director, Office of Behavioral and Social Sciences Research (OBSSR) at NIH and Right Care Initiative Founding Principal Investigator <sup>4</sup>

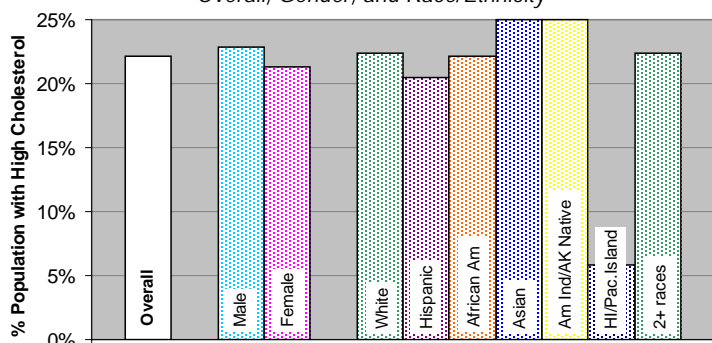
(LA Avg. Costs	-	SD Avg. Costs)	*	Current Life Expectancy at Age 65	=	Regional Medicare Spending Difference
(\$11,303	-	\$8,518)	*	18.6 yrs	=	<b>\$51,801</b>



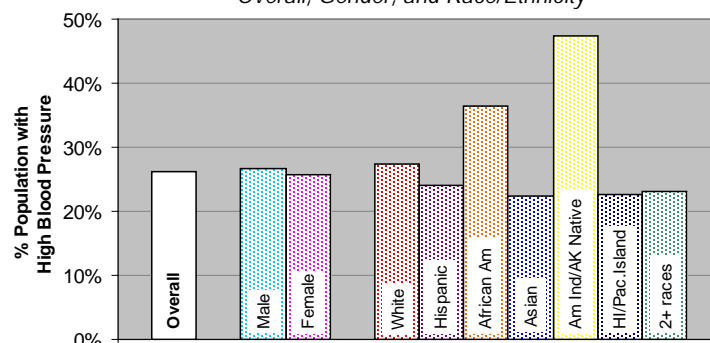
## California Health Interview Survey (CHIS)—San Diego & California Data <sup>6</sup>

	% Population in SD [95% CI]	# People in SD	% Population in CA [95% CI]	# People in CA
Diabetes (2009)	5.8% [4.8-6.7]	125,000	7% [6.6-7.3]	1,835,000
High Blood Pressure (2009)	26.8% [24.3-29.4]	599,000	24.8% [24.3-25.4]	6,555,000
High Cholesterol (2005)	19.9 [18.2-21.6]	383,000	22.1% [21.5-22.7]	5,212,000
Heart Disease (2005)	6.4% [4.7-8.1]	146,000	6.2% [5.9-6.5]	1,640,000
Ever Had a Stroke (2005)	1.9% [1.4-2.4]	41,000	2.3% [2.1-2.5]	606,000

### Prevalence of High Cholesterol in CA Adults (2009) Overall, Gender, and Race/Ethnicity <sup>7</sup>



### Prevalence of High Blood Pressure in CA Adults (2009) Overall, Gender, and Race/Ethnicity <sup>7</sup>



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